



California Children Services (CCS) Medical Therapy Unit (MTU) Newsletter



Winter Issue

Important Dates

Medical Therapy Units are Closed:

February 21st 2011 Presidents Day



To Our New MTU Staff Members

Welcome

JoAnne Clifton, OT @ Montclair MTU
Victoria Merenda, PT @ Siegrist MTU
Carrie Hong, PT @ Colton/Redlands MTU
Roseanna Tostado, Office Specialist @The Main Office

California Children Services Medical Therapy Units

Manal Kassab, MA, OTR, Supervising Therapist

Carmack MTU, (909) 880-6611, Sherylle Martin, OTR, Unit Supervisor
Colton MTU, (909) 433-4752, Scott Medlin, PT, Unit Supervisor
Fontana MTU, (909) 357-5900, Nivin, Joseph OTR, Unit Supervisor
Montclair MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor
Ontario MTU, (909) 459-2861, Michelle Morris, PT, Unit Supervisor
Redlands MTU, (909) 307-2441, Elaine Bauman, OTR, Unit Supervisor
Siegrist/Barstow MTU, (760) 244-7999, Marleah Moore, PT, Unit Supervisor
Yucca Mesa MTU, (760) 369-6315, Gus Atwell, PT, Unit Supervisor



San Bernardino
County
Department Of
Public Health
CCS

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January 2011
&
February 2011

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Laura McLaughlin, MSW

Many Thanks to:

Alicia Newton, MSW
From Santa Clara CCS
For your support &
guidance thru this process.

Please note: If you would like an electronic copy of this publication please email me:

lmclaughlin@dph.sbcounty.gov

A big Thank You to all of the contributors to this newsletter—both named and unnamed. You are all a part of what makes CCS such a great program for our kids and families.

My Story:

From an Anonymous CCS Therapist and the Mother of a Special Needs Child

It was a beautiful Friday morning when my child's diagnosis was confirmed: Regression form of Autism. And it was just that simple that I became a registered member of both groups, one was as a therapist working with children with special needs and another was as a parent of a child with special needs. I took the following week off from work and amazingly saw myself going through all four stages of grief: denial, depression, anger, and finally, acceptance.

Then came the multiple appointments, neurology, GI, speech therapy, occupational therapy, early intervention, and so many more. Our lives were not only turning upside down, but inside out and all around. Our living room became the playroom for the early interventionist. Our family room became the sensory room, equipped with a trampoline, a ball pit, and a swing. As parents, we swing, bounce, roll on the floor, blow bubbles, and do anything and everything that could be beneficial for our child.

As I reflect on my short journey as a parent of a child with special needs, there are already so many things I want to say to my child's therapists and I wonder if some of our parents would share these same thoughts.

5 Things I Want to Share with the CCS Therapists as the Parent of a Special Needs Child



1. Please don't judge us by the way we dress (or by our hairdo!). We used to and still really want to look better, but these days, we barely have time for a decent shower.

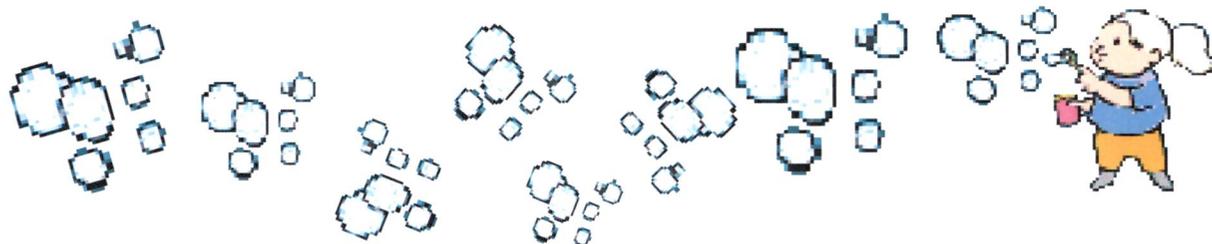
2. We greatly appreciate that you see our child right at the appointment time. It takes a lot of effort for us to be right on time. We know that you cannot accommodate us if we are late, but our child will be very fussy if she has to wait. (To the families of my little clients, as a therapist, I sincerely apologize for having been making you wait for me).

3. We come from different educational backgrounds, but at this moment, what we really want is to have your work experience and expertise.

4. We love nice comments, no matter how insignificant you think they may be and even if they are not therapy-related (didn't you notice his cool hairdo?). They work wonderfully in alleviating our stress and help us keep going.

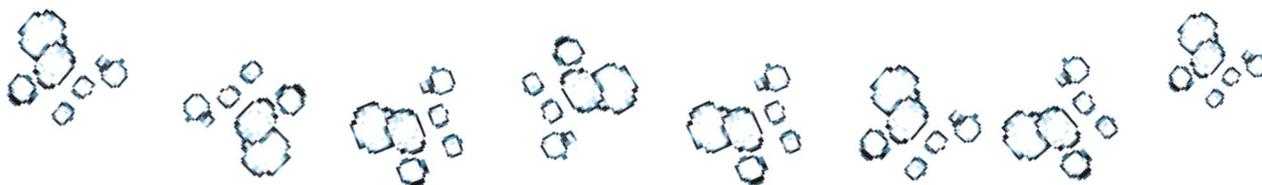
5. We love our child so much and we greatly appreciate when you show us that you love him/her and care so much about him/her too.

5 Things I Want to Share with the CCS Parents and My Dear Friends:



1. We really mean it when we tell you that you are your child's best therapist. *You truly are (as I know I AM)*. You know what motivates him/her and what irritates them. You know when to push hard and when to back off. Your therapists only know your child's physical strength and limitations, but you know EVERYTHING about him/her.
2. Ok, home program! Besides incorporating everything that the therapists have been working on into every single activity throughout the day, my child's therapy home program also includes: *20-30 sessions, 6-10 SESSIONS/DAY*. So, if your child's therapist's home program is any less than that, be thankful .
3. Some of the things we ask you to do are pretty silly-like brushing your child with a surgical brush, walking barefoot on grass, or bouncing and swinging. Please don't ask us about the scientific back-up on these recommendations, but if you are willing to give them a try, the results may surprise you (it did surprise me!).
4. Most of us are moms and dads, so your child is like ours at work. We love them almost as much as we love our own children.
5. We think **YOU ARE ANGELS WITHOUT WINGS**. We greatly appreciate you and we are truly aware that without you, we cannot make any difference.

I am proud to be a therapist working with children with special needs and I am also a proud mother of a child with special needs. Let's us, the proud therapists and parents, walk hand in hand on this journey in caring for *our very special children*.



A Young Entrepreneur on the Rise

By: Christin Ilharreguy,
Physical Therapist @ Montclair MTU



Daniel Stevenson is a nearly 16 year old young man who is seen at the Montclair MTU for both PT and OT. He currently attends Ontario High School. Daniel recognized that money was tight especially around the holidays, and wanted to help give his family the opportunity to buy gifts for one another for Christmas. With the help of his Uncle David, Daniel began his Christmas wreath business in 2006. Creating this business has helped Daniel to learn a great

deal about money management, responsibility, and has given him a glimpse into the opportunities available to him if he puts his mind to it.

With only an idea and no money to start out, Daniel had the idea to go to local Christmas tree farms and ask them if they would donate the extra branches cut off from the bottom of already purchased trees to build his wreaths. As a team, Daniel and his Uncle tied the branches together and embellished them with bows and ornaments to create the finished product. In 2006 he started out by making about 50 wreaths. He did not sell them, but instead would simply ask for donations. In 2009, he made 100 wreaths and was able to collect about \$600.00 to help give his family a nice Christmas.

This year, Daniel has continued to expand his business by adding pinecone fire starters dipped in festive red and green wax and packaged in decorative baskets each containing 7-8 cones. With this addition, his excitement for expansion only continues. At a recent IEP meeting, the idea came up to have Daniel's products available in the student store at his school. Daniel is now also looking into creating a website and/or flyers to further advertise his Christmas wreaths and fire starter pine cones.

Daniel has succeeded in starting a business from just an idea, and as a nearly 16 year old is looking to be able to again help provide money for gifts for his family this Christmas. He encourages his fellow MTU mates to "Keep on going for it, because with the right help, and putting your heart into it, you can succeed in anything in life! Do your exercises too!" ☺

FINDING THE RIGHT PHOTOGRAPHER FOR YOUR SPECIAL NEEDS CHILD

By Chris McElhinney, COTA

(Certified Occupational Therapy Assistant) @ Montclair MTU

Having a family/individual portrait done can be stressful for any family: what to wear, best time of day for the little ones, coordinating schedules of busy teens, hair, makeup and the list goes on. Once you have everything pulled together and your stress level is on high, you hope the photographer takes the time to make everyone feel relaxed and comfortable so a great image of your family or individual can be captured. Then add to this your child with special needs. Does every photographer have the skills to photograph your child? I would say NO. Parents have told me their heartbreaking stories of impatient, rude photographers that refused to photograph their child because they wouldn't sit still, smile, look at the camera, keep their hands down, hold their head up and more.

Finding the right photographer can assure a pleasant and fun experience and a cherished portrait that will hang in your home for years to come.

HOW TO FIND THE RIGHT PHOTOGRAPHER:

1. Check the yellow pages or Google "professional photographers" on the Web.
2. Contact professional organizations: www.ppa.com www.ieppv.com www.ppconline.com
3. Call them and ask if they have experience with special needs children.
4. Look at their websites to see if they have photos of special needs children.
5. Ask them if they are accredited through Special Kids Photography of America.

MORE HELPFUL HINTS:

- * To find an accredited photographer in your area go to : www.specialkidsphotography.com
- * When you are interviewing a potential professional photographer, tell them about your child, what kind of portrait you are looking for--- posed, candid, indoors, outdoors, formal or casual setting, special props like dress up clothes, etc.
- * A photographer with the right experience will ask you appropriate questions, like what your child likes, are they afraid of strangers, do they make eye contact, are there things that scare them, are they more comfortable outdoors or inside, are they in a wheelchair, can they be out of their chair, and what kind of support do they need, etc.
- * Make sure the photographer plans extra time and is willing to reschedule if your appointment day turns out to be a bad day for your child.



Interview with Matt Hoekstra, Physical Therapist @ Fontana MTU

By Julia Quinn, Occupational Therapist

Where did you grow up? I grew up in Chino, California. I am the oldest of three, with a younger brother and sister. I went to grade school in Ontario, California. After high school I went to Northwestern University near Chicago and got my Bachelor's Degree in Exercise Science. I came back home and went to Western University in Pomona for my Doctorate in Physical Therapy. I graduated from Western University in 2008.

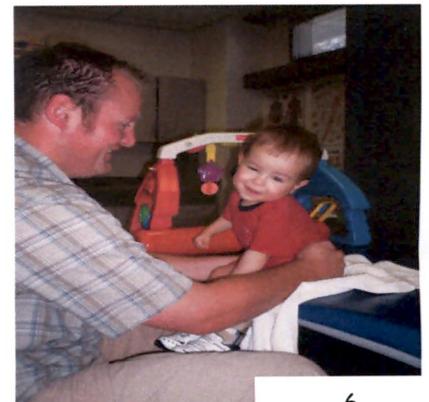
Tell us about your life outside of work. What do you do for fun and what is your passion? I have been married for five years. We recently had a new addition to our family. Emma Hoekstra is now three months old, and in three months, our world has definitely shifted. Who knew something or someone could command so much time, attention, and affection? I usually go and hold her first thing in the morning, much to the dismay of my wife (Emma doesn't seem to mind). Emma is always difficult to put down and I'm always a little sad to leave in the morning. Luckily, I get to work with such special children, which makes coming to work pretty easy. One of the things I love about Physical Therapy is the opportunity to work alongside families and their children.

You have another passion outside of work- what is that? Being a physical therapist also allows me to pursue other passions outside of my profession. I have been coaching football for two years. Every athlete, like every patient, is very different in how they interact with each coach. I enjoy the unique personality of every athlete as well as the challenge of trying to get young men to see (often the difficult part) and reach their potential. This season we had five wins and five losses- not the season we were hoping for, but definitely one in which coaches and athletes were able to learn and grow.

How long have you worked for CCS? Two years

Have you always wanted to work with kids? No, not always. I knew/decided I liked the dynamic of working with kids and parents when I did my internship at Children's Hospital.

What suggestions would you give to clients to make this a better working environment? To encourage parents to sit in on their child's therapy sessions, to get involved in the sessions. This helps the parent to learn from what the therapist is doing. Finally, I think it is important for therapists and parents both to remember to think as a team versus as individuals.



ACTIVITIES FOR YOUTH

Center for Individual Development – Teen Club

This program offers a wide variety of activities including arts and crafts, academic programs, sports, reading clubs, workshops and other recreational, leisure, cultural, social and civic activities for teens 13 years and up with or without disabilities, during out-of-school hours.

8088 Palm Lane
San Bernardino CA 92410
(909) 384-5426
Monday – Friday 2:00 p.m. – 5:00 p.m.

DeAnza Community & Teen Center

This program offers a wide variety of activities for teens such as a walking club, movie day, baseball, flag football and games.

1405 S. Fern Avenue
Ontario CA 91762
(909) 395-2030
Monday – Friday after 4:00 p.m.
Saturday 12:00 p.m. – 4:00 p.m.



<http://www.ci.ontario.ca.us/index.cfm/18952>

Redlands Community Center – Youth Coalition Teen Committee

This program is a teen group based on volunteering in the community through special events, youth sports and after school programs, school and health fairs. The focus of the program is job experience and opportunities that expose the participant to health role models and life styles.

111 Lugonia Avenue
Redlands CA 92373
(909) 798-7572 -- Ext 5
Tuesday-Wednesday 9:00 a.m. – 5:00 p.m.
Thursday-Friday 4:00 p.m. – 9:00 p.m.

[http://www.ci.redlands.ca.us/recreation/
teen_programs.htm](http://www.ci.redlands.ca.us/recreation/teen_programs.htm)

Loma Linda University Drayson Center

The Drayson Center provides recreational, social and health-building activities for the community.

25040 Stewart Street
Loma Linda CA 92354
(909) 558-4975
Call for Schedule

<http://www.llu.edu/llu/drayson/>



TAY One Stop Centers

This program was established for Transitional Age Youth ages 16 – 25 who are getting ready to or who have already emancipated from Foster Care, Group Homes, Juvenile Hall, and/or youth from the community. Services include Housing Assistance, Independent Living skills classes, Employment Assistance, Tutoring and Recreational Activities.

San Bernardino One Stop TAY Center

700 East Gilbert Street, Building 4
San Bernardino CA 92415
(909) 387-7194
Monday – Friday 8:00 a.m. to 5:00 p.m.

West End One Stop TAY Center

9047 Arrow Route Suite 170
Rancho Cucamonga 91730
(877) 760-0770

High Desert One Stop TAY Center

14360 St. Andrews Drive, Suite 11
Victorville, CA 92395
(760) 245-4695

Morongo One Stop TAY Center

58945 Business Center Dr # D
Yucca Valley, CA 92284
(760) 228-9657

[http://www.sbcounty.gov/iuploads/Documents/
WIB/5725TAYCenter2.pdf](http://www.sbcounty.gov/iuploads/Documents/WIB/5725TAYCenter2.pdf)



AN AQUARIUM FESTIVAL

8TH ANNUAL

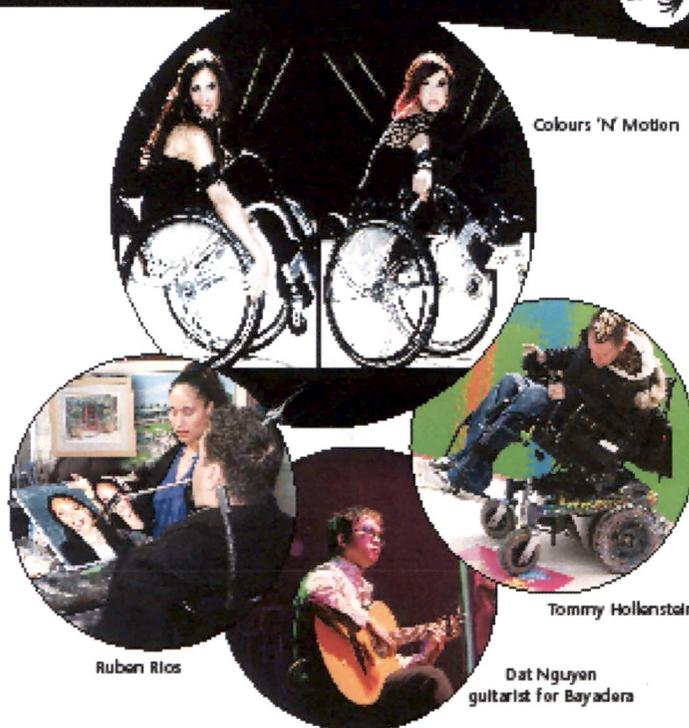
Festival of Human Abilities

★ Saturday & Sunday, January 29-30 Festival Hours: 9:00am - 5:00pm



Come celebrate the creative spirit of people with disabilities.

Join us for the Aquarium's 8th annual Festival of Human Abilities. Experience wheelchair dance, live music, signing choirs, art demonstrations, storytelling, service dog demonstrations, and other creative performances featuring people who have disabilities. Participate in free classes led by artists with disabilities. All major programming will have sign language interpreters for guests who are deaf, and the Aquarium will provide audio tours for guests who are blind. Extra elevators and assistance dog relief areas will be available to the public.



Colours 'N' Motion

Ruben Riles

Tommy Hollenstain
Dat Nguyen
guitarist for Bayadera

The Glenn McIntyre Heritage Award will be presented to **Jim Elliott of Diveheart**

See aquariumofpacific.org for details

FREE Admission

If you are student or adult with a disability, present this coupon to receive Free Admission for you and one attendant.

 AQUARIUM OF THE PACIFIC

Festival of Human Abilities January 29-30, 2011

Present this coupon at the Aquarium ticket window to receive one free admission for one student or adult with a disability and one free admission for an attendant. Not applicable with online ticket sales or any other offer. Not valid at off-site sales locations. Distribution of this coupon on Aquarium grounds is prohibited. No cash value. Coupon valid only for 2 free admissions. May not be sold. Valid January 29 and 30, 2011 only. D-HAS



AQUARIUM OF THE PACIFIC

For advance tickets, call (562) 590-3100 or visit www.aquariumofpacific.org.

100 AQUARIUM WAY • LONG BEACH, CA 90802